

DINNERLY



Speedy Recipe! Low-Cal BBQ Chicken Sandwich

with Wedge Salad



ca. 20min



2 Servings

This meal will make you feel like a real deal pit-master for at least one night—minus all the "low and slow" (which for us translates to: "time we don't have while everyone is ravenously waiting for dinner to be ready.") So we took a shortcut to this BBQ chicken sandwich by using ready to heat chicken mixed with sweet and smoky barbecue sauce. It's BBQ in no time. We've got you covered!

WHAT WE SEND

- 1 oz sour cream ¹
- ¼ oz granulated garlic
- 2 potato buns ^{1,2,3}
- 4 oz barbecue sauce
- ½ lb pkg ready to heat chicken
- 1 Gotham Greens lettuce with roots

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- sugar
- olive oil
- kosher salt & ground pepper

TOOLS

- medium nonstick skillet

ALLERGENS

Milk (1), Sesame (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 26g, Carbs 54g, Protein 36g



1. Prep wedges & dressing

Trim end from **lettuce**, then cut in half crosswise. Halve each piece lengthwise, keeping wedges intact; set aside until step 4.

In a medium bowl, stir to combine **sour cream**, **¼ teaspoon granulated garlic**, **2 teaspoons water**, **1 teaspoon vinegar**, and **a pinch of sugar**. Whisk in **1 tablespoon oil**, then season to taste with **salt** and **pepper**; set aside until step 4.



4. Finish & serve

Transfer **chicken** to **buns**. Top with **remaining barbecue sauce**. Spoon **dressing** over **lettuce wedges** and season with **a few grinds of pepper**.

Serve **BBQ chicken sandwiches** with **wedge salad** alongside. Enjoy!



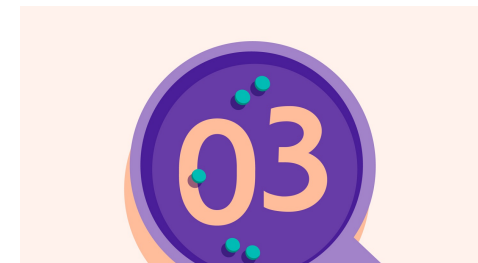
2. Prep chicken & toast buns

Transfer **chicken** to a second medium bowl; using your fingers or two forks, break up into bite-sized pieces. Stir in **¼ teaspoon granulated garlic**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Place **buns** in skillet, cut side-down, and cook until lightly toasted, 1–2 minutes. Transfer to plates.



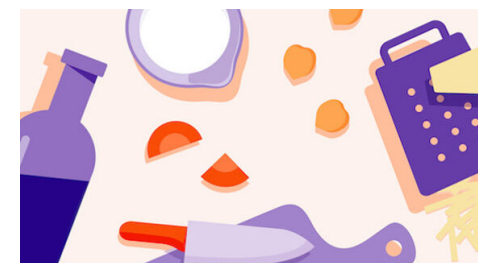
5. ...

What were you expecting, more steps?



3. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook, without stirring, until browned and crisp in spots, about 4 minutes. Add **¼ cup water** and **half of the barbecue sauce**. Cook, stirring, until sauce is slightly reduced and coats chicken, 1–2 minutes.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!